

# HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

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**"We Know Health Matters",**  
CHD's show on Citicable,  
Time Warner Ch. 23.

## Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

If you have anything you would like to share in the newsletter please send information to Marla Fuller at [marla.fuller@cincinnati-oh.gov](mailto:marla.fuller@cincinnati-oh.gov)



#KeepCincyHealthy  
#NIAM2016

## Fight the Bite

More than 1,650 Zika infections have been reported in the U.S. but four people in Florida are the first to have contracted the virus through local transmission.

Pregnant women are being asked to avoid traveling to Wynwood, a neighborhood near Miami, Florida, after the first cases of Zika virus are as identified being transmitted by a mosquito in the U.S.

Health officials have been expecting local transmission of Zika in particular in Southern states such as Florida and Texas, where the *Aedes aegypti* mosquito that can transmit the virus is most commonly found.

Last month, the CHD set out mosquito traps to detect and monitor mosquitoes that cause illness and provide targeted prevention education in areas on how to reduce exposures. Thus far, no mosquitoes carrying the Zika or West Nile viruses have been detected but the CHD urges to take proper precautions to prevent mosquito bites.



## Prevent Mosquito Bites

All residents living in or traveling to areas where Zika is spreading should take steps to prevent mosquito bites:

- Cover exposed skin by wearing long-sleeved shirts and long pants.
- Use insect repellents that are registered with the Environmental Protection Agency (EPA) and contain DEET, picaridin, oil of lemon eucalyptus, para-menthane-diol, or IR3535. Always use as directed.
- Use permethrin-treated clothing and gear (boots, pants, socks, tents). You can buy pre-treated items or treat them yourself.
- Stay and sleep in screened-in or air-conditioned rooms.
- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.
- Mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs to protect them from mosquito bites.

For more information about Zika virus and prevention visit [www.cincinnati-oh.gov/health](http://www.cincinnati-oh.gov/health).

## Commissioner's Corner



Savoy Magazine, the leading national African-American culture, business and lifestyle publication, has recognized Dr. O'dell M. Owens as one of its 2016 "Top 300 Most Influential Blacks in Corporate America" in their 15th Anniversary Spring issue and online <http://savoynetwork.com/mibcd2016/odell-m-owens/>. The Savoy Top 300 is the definitive listing of African-American executives, influencers and achievers proactively impacting corporate America.

## Community Events

**August 13**—Day of Hope at Wayne Field—a community event for North and South Fairmont and South Cumminsville. Free Health Screenings will be provided by CHD's public health nurses.

**September 16**—Brown Bag Lunch Session discusses ways our system ensures that both mother and infant receive quality health care during and after (postpartum) childbirth. Register for this session at <http://bit.ly/1WSAQ3I>

**Save the Date!** The 2nd annual First Ladies Health Initiative (FLHI) will be Sunday, October 9.



## CHD needs your vote!

**Spread the word and vote** for the City of Cincinnati Primary Care to be the Ultimate Health Center Champions. Voting is open online from August 1-15, each email address provided can vote once a day. Vote here: <http://www.ohiochc.org/>.

## August is Immunization Month | Protect Yourself and Those Around You

August is National Immunization Awareness Month (NIAM). The purpose of NIAM is to celebrate the benefits of vaccination and highlight the importance of vaccination for people of all ages.

Immunizations, often called vaccination, helps to protect children and adults from infectious diseases. It's one of the best ways of improving an individual's health and wellbeing, and stopping diseases from spreading in communities. Disease prevention is the key to public health and it's always better to prevent a disease than to treat it. Vaccines prevent disease in the people who receive them and protect those who come into contact with unvaccinated individuals. Vaccines help prevent infectious diseases and save lives. Vaccines are responsible for the control of many infectious diseases that were once common in this country, including polio, measles, diphtheria, pertussis (whooping cough), rubella (German measles), mumps, tetanus, and Haemophilus influenzae type b (Hib).

Parents are constantly concerned about the health and safety of their children and they take many steps to protect them to ensure a healthy future. Immunizations are one of the most important actions parents can take to protect themselves and their child(ren) from serious illnesses, some of which can be life threatening.

With a new school year quickly approaching, CHD encourages parents and caregivers to follow the recommended immunization schedule as doing so provides the best protection from serious, and sometimes deadly, diseases. For an immunization schedule logon to <http://bit.ly/IV6bI9>.

## Environmental Services

### *Cincinnati Health Department Inspects Aquatic Spray Grounds and Public Pools*

With summer temperatures in full swing, U.S. officials have a warning for Americans who will inevitably be looking for ways to beat the heat, and some public pools may pose a serious health hazard.

The Health Department works diligently to improve the operation and maintenance of local public places so people will be healthy and safe when they swim or participate in water activities. Each year, Sanitarians in the Technical Environmental Services (TES) unit licenses and inspects over 200 public swimming pools, spas, and spray grounds throughout Cincinnati. They test the water for available chlorine, pH, and alkalinity in efforts to reduce or eliminate waterborne diseases associated with recreational water facilities. Staff also evaluate the circulation system to ensure that no safety hazards exist at the facility.

The most commonly reported illness is diarrhea, which is caused by germs such as *Cryptosporidium*, *Giardia*, *Shigella*, *Norovirus*, and *E. coli*. High outside temperatures and increased patronage can quickly deplete disinfectants that help ward off these diseases.

When conditions exist that pose an immediate threat to public health such as opaque pool water, or lack of disinfectant (such as chlorine), operation of the facility is suspended immediately. The facility is not reopened until all necessary safety measures are met.



## CHD Opens Two New SBHC's



Join CHD in the grand opening of two new school based health centers!

**August 9th, 4:00-7:00 PM**

Taft High School  
420 Ezzard Charles Dr., 45214

**September 6, 9:00-10:00 AM**

Children's Home (at Shroder High School)  
5051 Duck Creek Rd., 45227

## Celebrate National Health Center Week with CHD

August 7-13 is National Health Center Week. To show appreciation for our 45,000 patients seen annually, CHD health centers will be hosting celebrations all week long. A schedule of each health center's celebration day is as follows:

**Millville at Hopple**—daily events

**Price Hill**—Wednesday, Aug. 10

**Braxton Cann**—Friday, Aug. 12

**Ambrose H. Clement**—Friday, Aug. 12

**Elm St.**—Friday, Aug. 12

**Northside**—Friday, Aug. 12

## CHD Says Farewell

Brittany Supelak has been an intern in the Communications office since December of 2014. Because of this opportunity, she decided to continue her education at the University of Cincinnati in the Master's of Health Promotion and Education program. Brittany graduated with her Master's degree Saturday, August 6. She is grateful for being introduced to the world of public health through such a great organization.

Ms. Supelak's last day at CHD will be August 24. She has accepted a job back in her hometown of Columbus, Ohio. Brittany is extremely thankful for the opportunity that CHD has provided her over the past years. She will miss CHD and Cincinnati but is happy to begin a career back home with her family.



## CHD Helps CPS Combat Hunger



According to the Center for Disease Control and Prevention, each year, and estimated 1 in 6 Americans – 48 million people – contracts a foodborne illness, resulting in 120,000 hospitalizations and 3,000 deaths. Many pathogens commonly transmitted through food have a disproportionate impact on children younger than five. Some die from these preventable illnesses and many others suffer lasting, even life-long, health problems. Children face higher risk when exposed to foodborne pathogens because their less developed immune systems have a limited ability to fight infections. In addition, their lower body weight reduces the amount of pathogen needed to cause illness.

Bacteria, viruses, parasites and other harmful organisms are often the culprit of many food poisoning cases, usually due to improper food handling. “Small amounts of some bacteria is not harmful to most healthy adults because the human body is equipped to fight them. That’s not the always the case for children, pregnant women

or those with more compromised immune systems,” explained Dr. O’dell Owens, Interim Health Commission, CHD. “Serious problems begin when toxins enter the body through the gastrointestinal tract and cause symptoms including nausea, vomiting, abdominal cramps and diarrhea,” Owens continued.

Now consider that about 21 million students nationwide eat free and reduced-price meals throughout the school year, but getting those same kids fed a safe and healthy meal during the summer is a challenge. Only a fraction of those make it to schools or community centers for summer meals. And for those that do, the CHD ensures they’re eating food that’s free from harmful bacteria and foodborne pathogens.

“Foods that are contaminated may not look, taste or smell any different from foods that are safe to eat,” said John Sanders, Senior Sanitarian, Food Safety, CHD. “Americans shouldn’t have to worry about getting sick from the food they eat. If you’ve ever had food poisoning – and chances are that you have – you know how a little bug can knock you out of commission for several days without warning,” expressed Sanders.

Sanders was excited when Cincinnati Public Schools realized a need to get creative to reach more youngsters in the community during the summer to give them a safe, healthy and delicious meal. So, in the summer of 2015, Cincinnati Public Schools began taking the cafeteria to the kids with what they think of as the Combating Hunger On Wheels bus — or the CHOW bus.

The bus is owned and operated through the CPS school nutrition department and inspected annually by CHD. Meals offered through the mobile site meet all USDA school meal guidelines.

“We are so fortunate to have such great collaboration with City of Cincinnati departments and employees”, says Jessica Shelly, Cincinnati Public Schools Food Service Director. “Working in tandem with Cincinnati Health Department, Cincinnati Recreation Department, and Cincinnati Parks means helping hungry children in our community get fed healthy meals in the summer so that they can thrive all year long.”

The bus hit the streets during the summer, delivering meals during the week to various locations such as parks and recreation sites within the Cincinnati community during the months of June, July and August. These sites were open to any child up to the age of 18.

